

# You Work Hard to Raise a Healthy Family: Let WIC Help

WIC is a nutrition program for  
Women, Infants, and Children.



## You may qualify if you:

- Are pregnant, breastfeeding, or just had a baby;
- Have a child under age 5; and
- Have a low to medium income; and/or
- Receive Medi-Cal, CalWORKs, or CalFresh benefits; and
- Live in California

**Yes!**

Newly pregnant women, migrant workers, and working families are encouraged to apply.

## WIC provides:

- Nutrition education and health information
- Breastfeeding support
- Checks for healthy foods
- Referrals to medical providers and community services

You may qualify if your family's income meets WIC guidelines.

To find out more, go to  
[www.wicworks.ca.gov](http://www.wicworks.ca.gov)

**Enroll early! Call WIC today to see if you qualify:**



*This institution is an equal  
opportunity provider.*